

SPONSORED BY:



5K Walk/Run Series 2022

All events held in
Downtown Kannapolis

Saturday, MARCH 12TH

Rhythm & Run 5K
(8:00am)

Saturday, APRIL 9TH

Strides for Stroke 5K/10K
(9:00am)

Saturday, APRIL 30TH

Spring It On 5K
(8:00am)

Wednesday, MAY 11TH

Jiggy with the Piggy 5K
(6:30pm)

Discover a Healthy Life in Kannapolis

Runners and walkers of all ages and abilities are invited to participate in a unique series featuring the best area 5K fun runs/walks. We anticipate having eight walk events in 2022. Awards will be presented to those who finish at least five events.

REGISTRATION:

There is no fee to participate in Run Kannapolis. Your entry into the individual races will be used to track your participation. You simply pay the entry fee for each individual event that you want to compete in.

RUN KANNAPOLIS AWARDS AND PRIZES:

We anticipate hosting four more runs this Fall. Details will be announced at a later date. Runners/walkers are encouraged to participate in the entire series of eight races for unique prizes from the City of Kannapolis. There are no category awards for age, gender, or series standings/time. Individual 5K events will have their own awards, t-shirts, and prizes. Run Kannapolis end-of-season awards will be presented in early 2023. Qualifying award recipients will receive an email invitation notifying them of their completion of the Run Kannapolis Series and details on the end of season award ceremony.

PARTICIPATE IN:

- 5 RACES** Achieve **PARTICIPANT** status; you will receive an end-of-season award.
- 6 RACES** Achieve **ATHLETE** status; you will receive an end-of-season award.
- 7 RACES** Achieve **COMPETITOR** status; you will receive an end-of-season award.
- 8 RACES** Congratulations, you've achieved **BEAST** status! Special award for you.

\$15 / RACE • REGISTER FOR ALL 4 RACES AND SAVE 25%

SATURDAY March 12 TH	SATURDAY April 9 TH	SATURDAY April 30 TH	WEDNESDAY May 11 TH
8:00am North Carolina Music Hall of Fame	9:00am Atrium Health 5K	8:00am Kannapolis City Schools	6:30pm Kannapolis Parks & Recreation
			

704-920-4343

runkannapolis.com

